

Wisconsin Tobacco Quit Line Fax to Quit Program – Step by Step Process

The Fax to Quit program is a service offered through the Wisconsin Tobacco Quit Line and the University of Wisconsin Medical School's Center for Tobacco Research and Intervention. It is simple to use and works as follows:

- ➔ Patient visits Healthcare provider. Staff asks patient if he or she uses tobacco.
- ➔ If patient uses tobacco, staff advises patient to quit and assesses his or her willingness to try (ie: "Quitting smoking is the most important thing you can do for your health. If you're interested in quitting, I can help you succeed. Are you willing to give it a try?")
- ➔ If patient is interested in quitting, briefly discuss the quitting process and explain the WI Tobacco Quit Line (toll-free service, experienced professionals to give practical tips and strategies for quitting, no machines or pre-recorded messages, tailored advice to personal issues, follow up calls if desired, printed materials if desired, 4-6 times the chances of quitting vs. cold turkey.)
- ➔ If patient is interested in using the WI Tobacco Quit Line, suggest signing him or her up for the Fax to Quit program (ie: "I'm happy to hear that you're interested in the Quit Line, I'd like to sign you up for it right now. Would you be willing to have the Quit Line call you?")
- ➔ If patient agrees, complete the first section of the form (provider name, date.) The patient will complete the middle section of the form. *Be sure they initial the line giving permission for QL to call. Give the completed form to designated contact person who will then fax it to the WI Tobacco Quit Line. The Quit Line will call the patient to discuss the quitting process.
 - The Quit Line offers three different levels of intervention
 - a) **One-call** intervention is generally a 20-40 minute assessment of tobacco use history, previous quit attempts, relapse, and life experience which may affect the quit attempt. The counselor stresses the importance of planning for a quit and will offer individualized counseling to help develop a plan that will work for the tobacco user.
 - b) **Two-call** intervention is similar to one call but includes an additional call from the counselor, which the tobacco user schedules. What we know is that repeated follow-up increases a person's success rate. Both the one-call and two-call intervention includes a Wisconsin Tobacco Quit Kit - a hands-on folder containing materials that provide relapse prevention strategies, coping methods, information on co-morbid conditions.
 - c) **Free & Clear** is our most intensive intervention with 4 follow-up phone calls that can be scheduled up to 6 months out. This intervention includes cognitive-behavioral counseling coupled with motivational interviewing all tailored to develop the best plan that would work for the tobacco user. It focuses on relapse prevention and it's important to note that each person that enrolls in Free and Clear has set a quit date.
- ➔ After the Quit Line contacts the patient, you will receive a fax to let you know that the patient has been contacted.